



Cutler Ridge Pool

Summer Hours & Swim Lessons

Summer Hours: June 8, 2015 – July 31, 2015

Registration for swim lessons will be Mon-Fri from 8am-1pm and 3pm-7pm and Saturdays from 10am-2:30pm beginning April 27th on a first come first serve basis.

Swim Lessons:

Session Dates

Session 1: June 8 - June 19

Session 2: June 22 - July 3

Session 3: July 6 - July 17

Session 4: July 20 - July 31

Cost- \$50.00 per session, per child

Classes will be held Monday –Thursday.

***No classes will be made up unless cancelled by the facility. Make up classes will be held on Fridays.**

Class Times

Mommy & Me: 12pm, 5pm, 6pm ages 18mon-2yrs

Tiny Tots: 12:30pm, 5:30pm, 6:30pm, ages 3-5

Level 1-3: 8am, 9am, 11am, 7pm, 8pm ages 6+

Adults: 8pm ages, 15+

Public Swim Hours

June 8 – July 31

Mon - Fri 1:30-4:30pm

Saturday 12:30-4:30pm

Sunday 12:30-4:30pm

Adult Lap Swim

June 8 – July 31

Mon-Fri: 6:30-8:00am

12:00-1:00pm

Cost

Adult- \$2.00

Child-\$1.50

Sr. Citizen-\$1.25

Mommy & Me

This level is an introduction to the water. The American Red Cross Mommy and Me Program promotes water safety knowledge and practices water adjustment, as well as fun and enjoyment in the water. Emphasis is on the development of a trusting relationship between parents, children and the instructor. This class requires one adult to be in the water per child. This class is taught with a group but skills are taught on an individual basis. Practice of skills depends heavily with the parent.

Classes will be offered at **12pm, 5pm, 6pm. Ages 18 Months- 2 yrs old**

Tiny Tots

This level is an introduction to the water. Skills include bubble blowing, floating, orientation to the water, holding breath, and kicking. More advanced skills may be taught depending on the skills of the child. This class requires one adult to be in the water per child. This class is taught with a group but skills are taught on an individual basis. Practice of skills depends heavily with the parent.

Classes will be offered at **12:30pm, 5:30pm, 6:30pm. Ages 3-5yrs old**

Level 1

Level 1 is the Introduction to water skills phase by the American Red Cross. It is described as helping the students feel comfortable in the water and to enjoy the water safely. The skills learned in this level include: fully submerging face, supported kick on back, supported kick on front, supported float on front, supported float on back, begin to understand alternating arms coordination, bubble blowing, and basic water and pool safety rules.

Classes will be offered at **8am, 9am, 11am, 7pm, 8pm. Ages 6+**

Level 2

Level 2 is the Fundamental water skills phase by the American Red Cross. It is described as giving students success with fundamental skills. The skills learned in this level include: supine float or glide, prone float or glide, flutter kick on front, flutter kick on back, back crawl arm action, combine stroke from front using kick and alternating arm action, combine stroke on the back using kick and alternating arm action.

Classes will be offered at **8am, 9am, 11am, 7pm, 8pm. Ages 6+**

Level 3

Level 3 is the Stroke Development water skills phase by the American Red Cross. It is described as the next step to level 2 working on the previous learned skills with additional guided practice. The skills learned in this level include: reverse direction while swimming on back, coordinate arm stroke for front crawl with breathing to the side, prone glide with push-offs, supine glide with push-off, reverse direction while swimming on front, coordinate back crawl, elementary backstroke.

Classes will be offered at **8am, 9am, 11am, 7pm, 8pm. Ages 6+**

Adults

A class taught for beginners that would like to become more comfortable in the water, and learn the basics to swimming. Adult lessons will occur when there are 3 or more adults interested in signing up.

Classes will be offered at **8pm. Ages 15+**